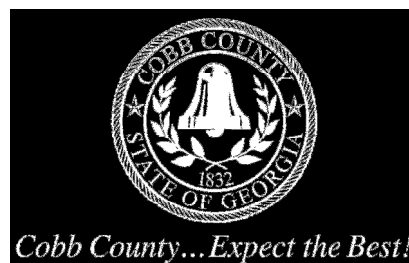


Are you looking for a fun way to get into shape, while using the qualities of water? Buoyancy enables one to do aerobic exercise with minimum strain. Resistance of the water helps tone muscles and quickly build endurance. Movement of the joints is greatly improved in the water, making aquarobics an excellent program for those with arthritis, back problems or other medical conditions.

## West Cobb Aquatic Center



### CLASS SCHEDULE

#### 9:00 AM

Mon-Fri Aerobics (Shallow)

#### 9:15 AM

Saturday Aerobics (Shallow)

#### 10:00 AM

Mon/Wed/Fri. Low Intensity Aerobics (Shallow)

#### 11:10 AM

Mon/Wed/Fri. Low Intensity Aerobics (Shallow)

#### 6:00 PM

Tues./Thurs. Aerobics (Deep)\*

#### 7:00 PM

Mon./Wed.. Aerobics (Shallow)

Class duration: 50 minutes

Participant may enter 10 minutes prior to class only and exit 10 minutes after class.

\*Participants bring own flotation if needed.

# AQUAROBICS AT WEST COBB

## CLASS DESCRIPTIONS

**SHALLOW WATER WORKOUT**— LOW IMPACT, MID TO HIGH INTENSITY TO GET BLOOD FLOWING. A GOOD AEROBIC WORKOUT WITH MUSCLE TONING.

**DEEP WATER WORKOUT**—ENJOY A DEEP WATER WORKOUT THAT HAS NO IMPACT ON THE JOINTS, YET HIGH INTENSITY TO BURN CALORIES...VERY CARDIOVASCULAR...ADD A LITTLE BODY SCULPTING AND YOU HAVE A TOTAL BODY WORKOUT.

**LOW INTENSITY WORKOUT**— LOW IMPACT, LOW INTENSITY CLASS WITH EMPHASIS ON BUILDING CORE BODY STRENGTH AND BALANCE.

West Cobb reserves the right to limit the number of patrons participating in each class. **Class for ages 18 and older only.**

All participants must sign a yearly waiver before taking any WCAC Aquarobics class.

## FEES:

### ADULTS

\$4.50 PER CLASS

### SENIORS

\$2.00 PER CLASS



For more information, call:

**770-222-6700**

[www.prca.cobbcountyga.gov](http://www.prca.cobbcountyga.gov)